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ASSIGNMENT BOOKLET 3A

PED 0770 Career and Life Management
Module 3: Section 1 Assignment

FOR STUDENT USE ONLY	
Date Assignment Submitted: _____	(If label is missing or incorrect) Student File Number: _____
Time Spent on Assignment: _____	Module Number: _____

FOR OFFICE USE ONLY

Assigned Teacher: _____

Assignment Grading: _____

Graded by: _____

Date Assignment Received:

Student's Questions and Comments

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Teacher's Comments

_____
Teacher

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- Are all the assignments completed? If not, explain why.
- Has your work been reread to ensure accuracy in spelling and details?
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Career and Life Management

Module 3

Personal Choices

Assignment Booklet 3A

Learning Technologies Branch

Alberta LEARNING

FOR TEACHER'S USE ONLY

Summary

	Total Possible Marks	Your Mark
Section 1 Assignment	100	
	100	

Teacher's Comments

Career and Life Management
Module 3: Personal Choices
Assignment Booklet 3A
Section 1 Assignment
Learning Technologies Branch
ISBN 0-7741-2331-1

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Students	✓
Teachers	✓
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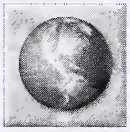

You may find the following Internet sites useful:

- Alberta Learning, **http://www.learning.gov.ab.ca**
- Learning Technologies Branch, **http://www.learning.gov.ab.ca/ltb**
- Learning Resources Centre, **http://www.lrc.learning.gov.ab.ca**

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ASSIGNMENT BOOKLET 3A
CAREER AND LIFE MANAGEMENT: MODULE 3
SECTION 1 ASSIGNMENT

Your mark for this module will be determined in part by how well you do your assignments.

This Assignment Booklet is worth 100 marks out of the total 350 marks for the assignments in Module 3. The value of each assignment and each question is stated in the left margin.

Work slowly and carefully. If you have difficulty, go back and review the appropriate topic.

Be sure to proofread your answers carefully.

(100)

Section 1 Assignment: Health Dimensions

Read all parts of your assignment carefully and complete your work in the appropriate places.

In this section, you began with an introduction to the idea that one's personal well-being is a complex and intricate state. Indeed, well-being is not so much a state; rather, it is a process and a journey. It is influenced by many factors of one's life which are interrelated, each affecting the condition of the others. You were introduced to the awareness-learning-practice process that can become part of your personal lifestyle. You focused on important issues related to self-knowledge and feelings about self. You explored the determinants of health as factors that affect your health and your lifestyle. You reviewed how your wants and needs influence your decision making and how you can choose health-enhancing or health-risking behaviours and actions.

You then focused on the importance of taking responsibility for your physical health and well-being. You learned how decisions regarding health issues such as rest and sleep, personal safety, nutrition, and fitness involve and result in choices about lifestyle. You explored the way you express your emotions, the complexity and range of feelings, and the ways in which emotions, thoughts, and behaviours are linked. You identified some positive ways to develop socially acceptable responses to a range of emotions. The human need for relationships was emphasized and personal and lifestyle needs were examined. The importance of families was stressed along with an examination of ways to maintain healthy family relationships.

In Section 1 of this module, you looked at your personal health and well-being through the following areas:

- well-being
- dimensions of health
- physical well-being
- emotional/psychological well-being
- intellectual well-being
- social well-being
- cultural well-being
- societal well-being
- environmental well-being
- interrelated factors
- lifestyle
- personal well-being process
- self-image
- ideal self
- self-esteem
- self-concept
- health-enhancing choices and behaviours
- health-risking choices and behaviours
- family relationships
- needs influencing decisions
- decision making
- choices
- physical health
- physical fitness
- rest and sleep
- safety issues
- risk
- nutrition and food choices
- determinants of health
- as others see you
- feelings affect behaviours
- social health
- types of relationships
- need for relationships

In your assignments for this section, you will focus on the exploration of different dimensions of your health. The final assignment will ask you to develop an action plan for health that applies your knowledge of health-enhancing behaviours and asks you to indicate how positive change can maintain and improve your well-being.

The final assignment you will complete for Section 1 is worth 30 marks and will involve the development of an action plan. You will complete questions 1 to 3 before you complete the work on the action plan. Use your work in these questions, as well as the work you completed throughout Section 1 of the Student Module Booklet to help you complete the final assignment. The development of an action plan that addresses key topics for each section will be an ongoing assignment throughout this module.

1. You have started to learn a great deal of information about rest and sleep, safety issues, nutrition, and physical fitness.

(12) a. Interview three people—peers, family members, community members, or businesspeople—about their views regarding the importance of each topic to health and well-being. Record your interview results on the following response chart.

Topic	Person 1	Person 2	Person 3
rest and sleep			
safety issues			
nutrition			
physical fitness			

(13) b. Using the information you gathered from your interviewees, write a paragraph that explains the role each facet should play in the life of a young adult.

When you've finished responding to the preceding questions, return to page 49 of Module 3 Student Module Booklet and continue working where you left off.

(20)

2. Explore the following concepts by collecting relevant ideas about them in the media:

   - feelings affect behaviour
   - behaviours affect relationships

   Use the examples you collect to create a one-page poster that illustrates both of these concepts. Following are some suggestions as to what you can do to create your poster:

   - Clip headlines, articles, and advertisements from newspapers or magazines. Advice columns may be a good source of information.
   - Transcribe lyrics from a song onto your poster. Illustrate the lyrics with visuals.
   - Transcribe a short scene from a television show or movie. Illustrate the scene with visuals.

   The following space can be used to plan your poster. Submit your poster to your teacher with this Assignment Booklet.

When you've finished responding to the preceding question, return to page 57 of Module 3 Student Module Booklet and continue working where you left off.

(25)

3. Create a wheel of well-being that reflects your current physical, emotional, social, intellectual, and spiritual/societal well-being. Ensure that the characteristics you record reflect information that is true for you right now.

   - Consider each of the following characteristics of physical well-being:
     – the way you care for your body in daily activities
     – the activities and behaviours you choose
     – the actions you take to prevent or avoid unhealthy conditions or situations
     – whether you seek health care for prevention or treatment when you need it
     – the type of health assistance you seek

     Think of an example in your own life, an action or behaviour, that reflects each characteristic. Record your examples on the physical section of the well-being wheel.

   - Consider each of the following characteristics of emotional well-being:
     – the way you see yourself, your self-image
     – the way you feel about yourself, your sense of self-esteem
     – what you choose to do about the way you see and feel about yourself
     – the respect you have for yourself in relationships

     Think of an example in your life, an action or behaviour, that reflects each characteristic. Record your examples on the emotional section of the well-being wheel.

   - Consider each of the following aspects of intellectual well-being:
     – what you know about yourself and what you want to know
     – the things you know and the things you want to learn
     – the confidence you have to learn
     – the ways you choose to learn more
     – the ways you choose to use the information you know
     – the ways you choose to make decisions, work out solutions, and correct mistakes

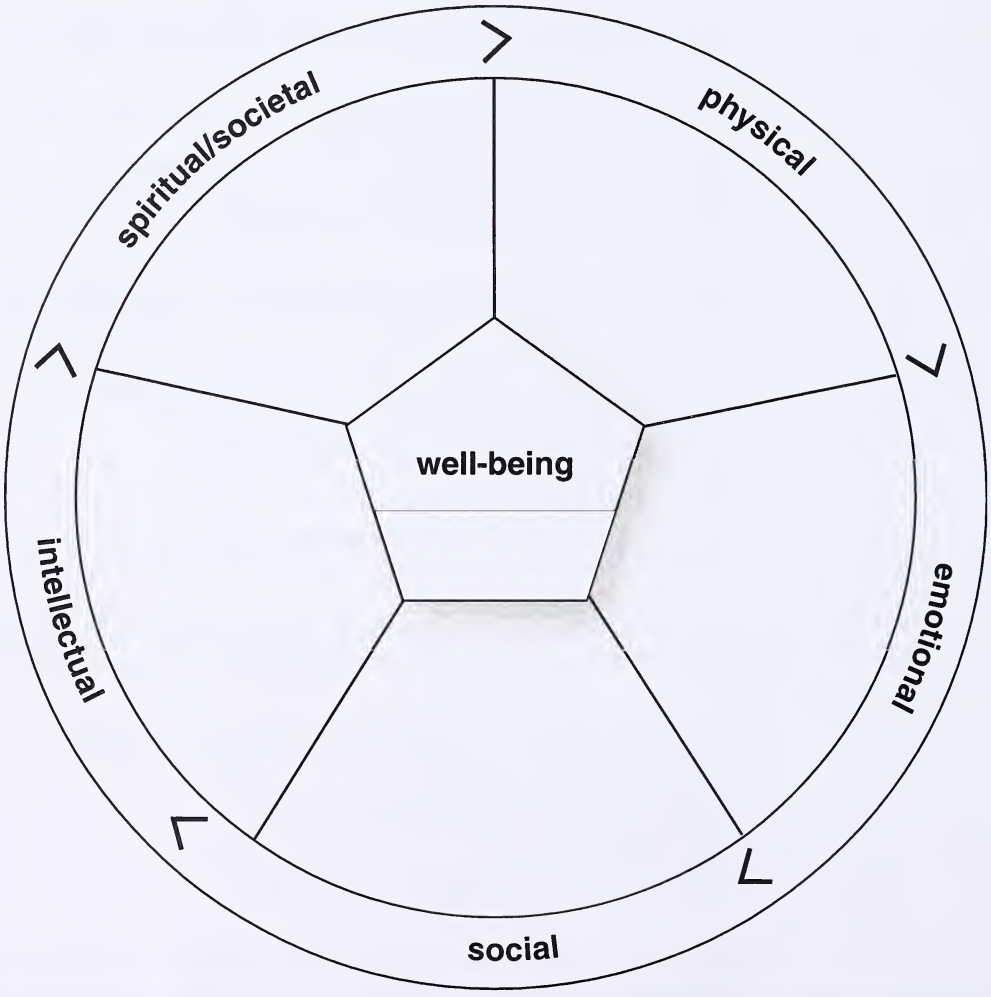
     Think of an example in your own life, an action or behaviour, that reflects each characteristic. Record your examples on the intellectual section of the well-being wheel.

   - Consider each of the following characteristics of social well-being:
     – the ways you relate to others
     – the ways you encourage others to relate to you
     – the relationships you have
     – the ways you communicate
     – the respect you have for others in relationships

     Think of an example in your own life, an action or behaviour, that reflects each characteristic. Record your examples on the social section of the well-being wheel.

- Consider each of the following spiritual/societal influences:
  – the influence of your cultural and religious background on your values
  – the influence of your local environment
  – the influence of people in your community
  – the influence of technology
  – the role that the media has in personal health decisions you make

  Think of an example in your own life, an action or behaviour, that illustrates each characteristic. Record your examples in the spiritual/societal section of the well-being wheel.



When you've finished responding to the preceding question, return to page 68 of Module 3 Student Module Booklet and continue working where you left off.

(30)

4. The creation of an action plan for your personal health will be an ongoing assignment throughout this module. For your action plan, you will be asked to select areas in which you want to make changes from what you have learned in each section.

NOTE:
To help you complete this assignment, review and summarize what you have learned about your personal health and well-being through exploring each dimension of health. Review how the determinants of health impact your personal well-being. Review the awareness-learning-practice process to identify topics and issues relevant to your health, gather information and knowledge, and make choices and decisions that enhance your well-being.

Review aspects of physical health, emotional health, and social health. Consider how each of these dimensions is connected to the other dimensions of health. Review what you learned about creating an action plan from previous modules in this course.

Your action plan assignment will be graded using the following rubric. Since the focus of your final assignments in each section will be the creation of an action plan, this rubric will be repeated in each section of your assignments for Module 3.

Marks	Criteria
26–30 Excellent	• The action plan clearly identifies a topic for change and effectively summarizes current habits and patterns relating to this topic. • It applies knowledge learned about health-enhancing behaviours and actions that are suitable for the topic, and it applies knowledge from readings and lessons through examples and information. • The action plan provides a range of suggestions for substituting negative choices and habits with positive choices and habits. • It clearly demonstrates or explains how the suggested choices or habits will positively affect personal health and well-being; it makes connections to lifestyle factors. • The action plan is concrete, focuses on change, and is reasonable and achievable.
19–25 Proficient	• The action plan identifies a topic for change and summarizes current habits and patterns relating to this topic. • It applies knowledge learned about health-enhancing behaviours and actions that are relevant to the topic and applies knowledge from readings and lessons by using examples. • The action plan provides suggestions for substituting negative choices and habits with positive choices and habits. • It demonstrates or explains how the suggested choices or habits will positively affect personal health and well-being; it uses suggestions that imply improvement in physical, emotional, and social health. • The action plan is concrete, implies change, and is reasonable and achievable.

15–18 Acceptable	• The action plan identifies a topic for change and provides examples of current habits and patterns relating to this topic. • It uses examples that illustrate health-enhancing behaviours and actions that are relevant to the topic. • The action plan implies that negative choices and habits will be substituted with positive choices and habits. • It attempts to demonstrate or explain how the suggested choices or habits will positively affect personal health and well-being. • The action plan may be overly simplistic or unrealistic; it has limited focus on change in behaviour and actions.
0–14 Limited	• The action plan identifies a topic for change and provides a limited description of current habits. • It provides few examples that illustrate health-enhancing behaviours and actions. • The action plan provides limited suggestions for positive choices and habits. • It provides limited examples of choices or habits that affect personal health and well-being. • The action plan is difficult to achieve and has difficulty communicating a change in behaviour.

Your action plan should include the following steps:

- Identify the topic that will be a focus for change, for example, nutritional choices like snacking.
- Summarize your current habits and patterns. This should be done in the form of a chart that records your habits and patterns over a three-day period, for example, a chart that records current snacking habits over a three-day period.
- Apply the knowledge you have learned about health-enhancing behaviours and actions for this topic; for example, you could list suggestions for healthy snacks.
- Create an example of what the change will look like. This should be done in a way that applies health-enhancing behaviours and actions to daily life, for example, a new three-day menu for healthy snacking.

Your action plan may be put together and submitted in the form of a folded or stapled booklet, duotang, folder, binder, or any other format.

Select three topics for change from the following list:

- self-image
- rest and sleep
- safety issues
- nutrition and food choices
- fitness
- dealing with emotions
- developing strong relationships
- family relationships
- coping with peer pressure
- effective communication

When you've finished responding to the preceding questions, submit your Assignment Booklet to your teacher and start working on Section 2.

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